

Policy 711 : Healthier School Food Environment

Department of Education and Early Childhood
Development

Fall 2018



Policy Overview

- Requirements:
 - ❖ Healthier School Food Environment
 - ❖ Foods and Beverages
 - ❖ Food Services
 - ❖ Support and Promotion
- Guidelines
- Three Appendices:
 - ❖ Food and Beverage Requirements
 - ❖ À La Carte
 - ❖ Steps for Improving Our School's Food Environment

The Spirit and Intent of the Policy

The policy establishes the minimum requirements for creating a Healthier School Food Environment in NB Public Schools.

The policy applies to all foods and beverages sold, served or otherwise offered.

The policy does not apply to foods and beverages that students bring from home.

What is a Healthier School Food Environment?



How can schools create a pleasant and positive eating environment?

- ✓ Trust students to eat according to their appetite.
- ✓ Model healthy behaviors and attitudes.
- ✓ Provide non food rewards to recognize achievements.
- ✓ Allow enough time for students to eat and socialize.
- ✓ Avoid messaging around body shape, weight loss and dieting.

Support & Promotion

- The principal with the support of the Parent School Support Committee will set goals to monitor and support a Healthier School Food Environment.
- The goals and accomplishments will be communicated to the school district, students, parents and school personnel.

Appendix C – The Steps for Improving Our School’s Food Environment

Appendix C

Steps for Improving Our School’s Food Environment

Creating a healthier school food environment involves engaging the school community, promoting a healthy eating atmosphere and incorporating nutrition into the curriculum. The Steps for Improving Our School’s Food Environment is a tool to help support and identify goals that will have a positive and healthy impact on their students and school community.

Section A: How Are We Doing?

Section A provides 12 questions to help schools assess their progress as they move toward creating a healthier school food environment.

School Community Engagement

1. Our school communicates Policy 711 – Healthier School Food Environment and other relevant policies to:
 - students
 - parents
 - school personnel
 - community (businesses/organizations that support school events or fundraisers)
2. Our students, teachers, staff, parents and relevant community members have opportunities to provide input and feedback on our schools’ food environment by:
 - comments box
 - student survey
 - focus groups of parents
 - focus groups of students
 - school health committee
 - other _____
3. Where available, free and subsidized food programs are promoted to students and parents through:
 - social media
 - email to parents
 - morning announcements
 - newsletters
 - orientation
 - other _____
4. Where available, subsidized food programs are offered in a non-stigmatizing manner by:
 - welcoming all students to use the programs
 - school-wide use of meal coupons (instead of cash) at the cafeteria
 - other _____
5. Partnerships are established within the community to support healthy eating at our school with:
 - local farmers
 - charitable organizations
 - local businesses
 - elders / seniors
 - other _____
6. Our school ensures that all food service providers are aware of the requirements outlined in Policy 711 – Healthier School Food Environment and other relevant policies including:
 - cafeteria providers
 - hot lunch program providers
 - vending machine suppliers
 - extra-curricular event organizers (such as sporting events, social events, etc.)
 - volunteers
 - other _____

Food and Beverage Categories

- **Higher Nutritional Value** refers to foods and beverages that contain nutrients and lower amounts of saturated fats, sugar or salt. These foods and beverages are permitted in schools.
- **Lower Nutritional Value** refers to food and beverages that contain few nutrients and are higher in saturated fats, sugar or salt. These foods are not permitted.

Food and Beverage

- Foods and beverages sold in school will be priced as close to cost as possible.
- A lunch meal will include at least; vegetables, fruit, whole grain products, milk or alternative and meat or alternatives.
- Principals shall ensure that À la Carte items sold to students are selected from the list provided in Appendix B.
- All foods and beverages sold through fundraising activities organized by, through or for schools/students will comply with the policy.

Appendix A

Food and Beverage Requirements

Grains

Step 1

Determine which category the product fits.

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Grains – whole grain flour, enriched white flour, wheat, oat, corn, barley, rye, bulgur, quinoa, couscous
- Whole grain bread products – bread, bagel, tortilla, pita, English muffin, buns, bannock, naan, pizza crust
- Whole grain rice, wild rice, rice
- Whole grain or enriched pasta

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Pastries, croissants, pies
- Instant noodles/pasta
- Pre-seasoned rice
- Instant rice
- Canned pastas
- Canned rice
- Doughnuts
- Coated granola bars
- Non-sugar sweeteners added



Step 2

Use the nutrient criteria below for products that are not included in the Higher or Lower Nutritional Value categories.

Compare the Nutrition Facts table on the package of the product to the nutrient criteria below. The product must meet all nutrient criteria in order to be served, sold or otherwise offered.

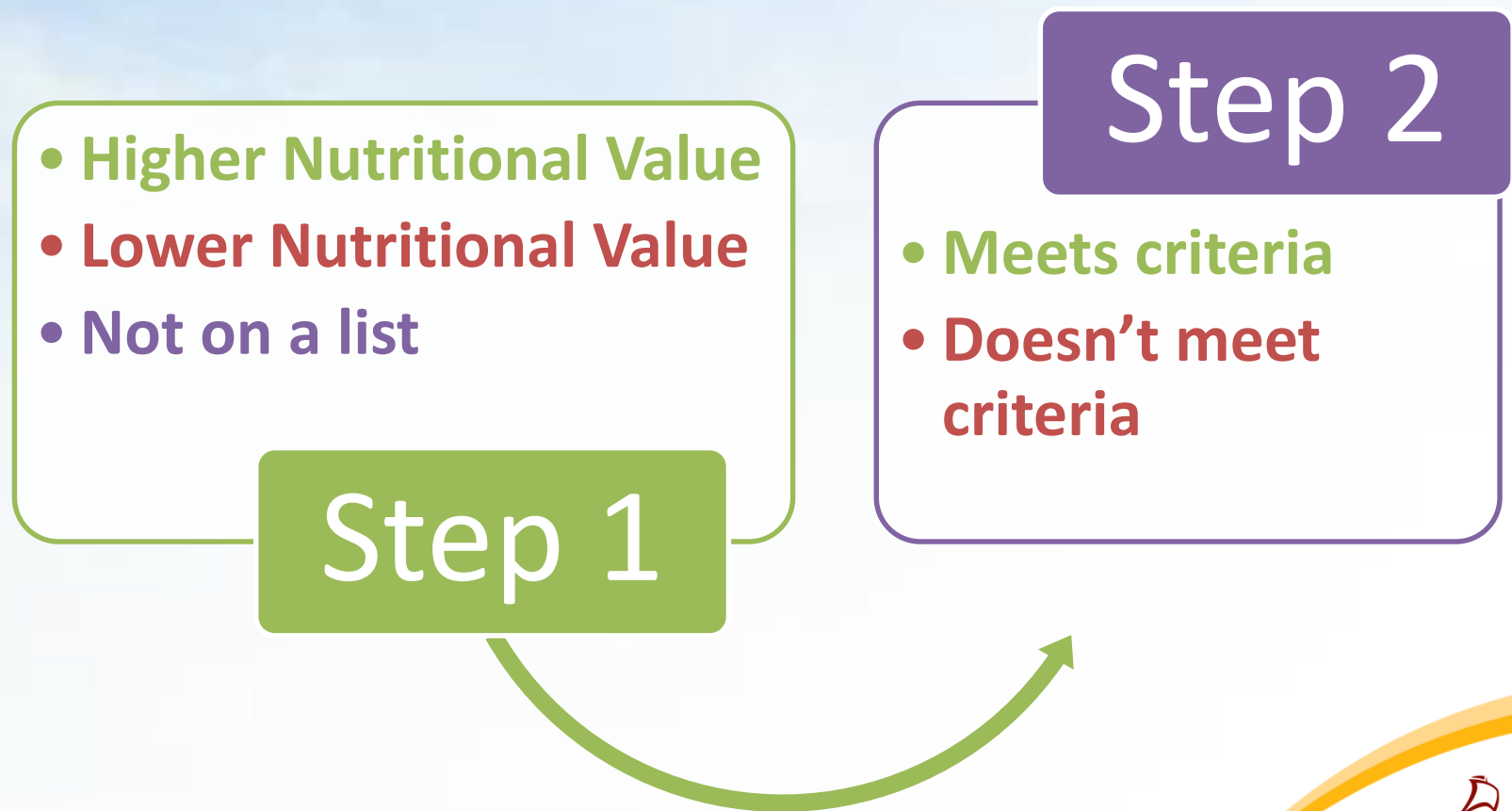
NUTRIENT CRITERIA

GRAINS

First ingredient on Ingredient List must be a whole grain**		<i>Examples:</i> <ul style="list-style-type: none">• 30 g cold cereal• ¾ cup hot cereal• 2 cups popped corn• 35 g muffin or baked goods (e.g. cookie, loaf)
Saturated fat	≤ 2 g	<ul style="list-style-type: none">• 30-38 g granola bar• 35 g pancake or waffle
Sodium	≤ 250 mg	<ul style="list-style-type: none">• 2 medium rice cakes• 30 g crackers
Sugar	≤ 9g	

** Examples of whole grains include wheat, rice, oats, barley, corn, wild rice, rye, quinoa, and buckwheat.

How to determine if a food or beverage can be sold, served or offered.



Appendix B

À La Carte Items

Appendix B

À La Carte Items

À La Carte Items can be sold or otherwise offered throughout the school day, but are not to be marketed or sold as a complete lunch meal. These items can be sold to complement a student's bagged lunch or recess / break time snack. They are meant to add additional nutritional value to a lunch or snack.



Vegetables and Fruit

Higher Nutritional Value

- Fresh vegetables: cut-up raw vegetables and garden salad
- Fresh fruit: whole or pre-cut
- Canned fruit (packed in juice or light syrup)
- Apple sauce and other fruit sauces (100% fruit, no added sugar)
- Freshly made vegetable and/or fruit smoothie

Grain Products

Higher Nutritional Value

- Freshly made whole grain products
 - Muffins, loaf breads, granola, granola bar
- Whole grain bread products
 - Bread, bagel, tortilla, pita, English muffin, buns, bannock, naan

Check nutrient criteria to determine if the following products can be sold as À La Carte Items.

• 2 cups (500 ml) popped corn	First ingredient is whole grain
• 35 g muffin	Saturated fat ≤ 2 g
• 30-38 g granola bar	Sodium ≤ 250 mg
• 2 medium rice cakes	Sugar ≤ 9 g
• 30 g crackers	

Milk and Alternatives

Higher Nutritional Value

- Milk (2% MF or less)
- Fortified soy beverage (unsweetened)
- Hard cheeses
- Plain yogurt
- Freshly made yogurt parfait

Check nutrient criteria to determine if the following products can be sold as À La Carte Items.

• $\frac{3}{4}$ cup (175 g) yogurt	Saturated fat ≤ 3 g
	Sodium ≤ 180 mg
	Sugar ≤ 20 g

Meat and Alternatives

Higher Nutritional Value

- Hummus
- Egg
- Nut butter*
- Nuts and seeds, no sugar or salt added*

** for schools that allow nuts*

Guidelines / Recommendations



CONTACTS FOR MORE INFORMATION

If you have any questions or concerns please contact:

- ❖ **Department of Education and Early Childhood Development**
 - Policy and Planning Division, 453-3090
 - Learning and Achievement Branch, 453-2812

- ❖ **Department Justice and Public Safety**
 - Health Protection Services, 453-2830
 - (Public Health Act – Food Premise Regulation)*